

Basic Sanitation

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Food service kitchens are full of potential dangers for both employees and the people they serve. Foodborne illness is just one potential hazard. Pest problems, chemical contamination, physical contamination, and on-the-job injuries are also hazards. It is important for food service workers to be aware of these hazards so steps can be taken to prevent them.

By following the basic sanitation rules you can keep your kitchen safe:

- ✓ Keep the refrigeration/freezer units clean, frost free, and maintained at required temperatures.
 - * Refrigerator - 41 degrees or below
 - * Freezer - 0 degrees or below
- ✓ Proper Food Storage:

Put leftovers in the refrigerator or freezer promptly after eating. If food is left at room temperature for over two hours, bacteria can grow to harmful levels and is no longer safe to eat.

Dry storage:
Keep food at least 6" off floor in a cool and dry place that is well ventilated. Keep dry foods once opened in airtight covered containers to prevent rodent and insect infestation.
- ✓ Check for rodent or insect infestation:

Pest problems occur because roaches, flies, and rodents like to live where food is stored, prepared, or served.
- ✓ Keep cleaning supplies and other toxic materials out of the reach of children and away from food.
- ✓ Compliance with generally accepted health and sanitation practices:
 - * Hand washing:

Wash hands with hot soapy water before and after handling food.
Children must wash their hands with soap and running water prior to eating a meal or snack and immediately set at the table for the meal.
 - * Hair restraints:

Food service employees should wear hats, hair coverings, or nets (no visors).
 - * Keep surfaces and equipment clean of dust, dirt, food residue, and other debris.
 - * Keep trash covered.

Information provided by:
Indiana State Department of Health, CACFP, and *What's in a Meal?*